



Specific Questions for Student's Healthcare Provider

If you have had a surgery, or if you have a medical condition or an injury, you should explicitly ask your doctor or physical therapist which physical actions are safe for you and which are not safe...

1. Can I go upside down?
2. Can I round my spine forward, backwards, or side to side?
3. Can I twist my spine?
4. Can I cross my legs?
5. Can I put pressure on this or that part of my body, such as my knees or wrists?
6. Can I stand on one leg?
7. Can I practice in bare feet?
8. Is my recovery from a serious illness like cancer at a place where I can safely increase my physical activity?
9. Is it safe for me to do a vigorous practice where I am sweating and exerting myself? Is it OK for me to hold standing poses for long periods of time that require endurance and strength?
10. Is it all right to stretch an injured tendon, ligament or muscle now?
11. Would any of the medicine I am taking interfere with my practicing-by making me dizzy, unfocused, distracted, off balance or sleepy?
12. If I am recovering from a contagious illness, am at risk of spreading my illness by attending a public class?
13. How long should I wait before returning to class or home practice? After surgery, how long do I wait before it is safe to stretch the area where my incision or scar is? If I have had a joint replacement or repair, such as a hip or knee, is there a limit to my range of motion in certain directions that I should honor?